

Total Body Resistance Band Workout

This resistance band workout is for intermediate/advanced exercisers and includes basic moves for the entire body using a resistance band. This workout focuses more on endurance, so adjust your hand position or the position of your body to get the most tension out of each move. If anything feels too easy, try using a heavier band with more tension.

Intermediate: Do two sets of 16 reps using a variety of bands, 2-3 times a week with at least one day of rest between workouts.

Advanced: Do three or more sets of 16 reps using a variety of bands 2-3 times a week with at least one day of rest between workouts.

Alternating Chest Press

Wrap the band around a sturdy object behind you at chest level. Begin with the elbows bent to 90 degrees, forearms parallel to the floor. Keep the right arm stationary and press the left arm out. Bring the left arm back and then press forward with the right arm. Continue alternating arms for a total of 16 reps on each side.



One-Arm Chest Fly

Attach the band to a sturdy object at about shoulder height (standing or sitting). Hold the handle in right hand and wrap the loop around hand to increase tension if needed. Keeping arm straight (elbow slightly bent) at shoulder level, contract the chest to bring the arm in towards the mid-chest. Return to start and repeat.



Resisted Pushups

Begin on knees or toes and wrap the band over your back, holding onto the ends with both hands flat on the floor. Loop the band to add tension and bend elbows into pushup.



Lat Pulls

Begin with arms straight up overhead, holding the band towards the middle. Adjust hands closer to increase tension. Contract the back and pull the band out while bringing the elbows towards the rib cage. Raise back up and repeat.



Rear Delt Fly

Standing or sitting, hold band in the middle, arms straight out in front of you, hands a few inches apart. Squeeze the shoulder blades together and pull band so that arms are out to the sides like an airplane. Return to start and repeat, keeping tension on the band the entire time.



One-Arm Rear Flies

On hands and knees, hold one side of the band in the right hand and grab the other end with the left hand. Keep the right hand in place as you lift the left arm straight up to shoulder level leading with the elbow and squeezing the back and shoulder. Adjust hand placement to increase or decrease tension.



(see reverse)

Overhead Press

Place band under ball or stand on band holding handles in both hands. Begin with arms bent in 'goal post,' wrists straight and abs in. Contract the shoulders to straighten arms up and lower back down.



Bicep Curls

Stand on the band and hold handles with palms facing out. Keeping abs in and knees slightly bent, bend arms and bring palms toward shoulders in a bicep curl. Position feet wider for more tension. Return to start and repeat.



Tricep Extensions

Hold the band in both hands at shoulder level with right arm bent so that it's in front of the chest, left arm straight out. Keeping the left arm straight to hold tension on the band, contract the triceps to straighten the right arm. Return to start and repeat before switching sides.



Lunges

Stand with right leg forward, left leg back and band positioned under right leg. Keeping tension on the band by bending elbows, lower into a lunge until both knees are at 90 degrees, front knee behind the toe. Return to start and repeat.



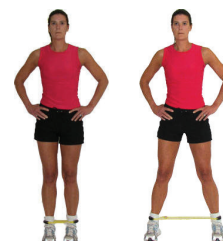
Squats

Stand on the band with feet shoulder-width apart, keeping tension on the band by holding a half-bicep curl. Lower into a squat, keeping knees behind toes, and pulling on the band to add tension. Return to start and repeat.



Side Steps

Tie resistance band around the ankles (make sure you're wearing socks) so that there are a few inches of band when you stand at hip-distance apart. Take 8 steps to the right, contracting the glute and outer thigh. Repeat on the other side.



Butt Blaster

Get on your hands and knees and wrap a resistance band around the right foot. Hold the handles in each hand and begin the move with the right knee bent and flex the foot while extending the right leg straight back, squeezing the glutes.



We're here to help

If you are a Blue Shield member and have questions about exercise or weight loss, you can talk or chat online with a registered nurse day or night, through Blue Shield of California's NurseHelp 24/7SM. Call **(877) 304-0504** or visit **blueshieldca.com** and click on *Health & Wellness*.